

SOUTHWEST ROAD TRIP

CAVES, MOUNTAINS, DESERTS, AND DUNES
VISIT 3 NATIONAL PARKS



WINTER BREAK '22 Camping, hiking and exploring National Parks

UW-La Crosse Outdoor Connection

Description

Head to the desert southwest of Texas and New Mexico for eight days of your winter break for some camping and hiking with the Outdoor Connection as we explore caves, mountains, deserts, and dunes. We will make our first stop at Carlsbad Caverns National Park to adventure through the 4-million-year-old cave system. We will then spend some time in Guadalupe Mountains National Park, ascending peaks and searching for springs. The last two destinations of the trip will be the surreal Organ Needles Wilderness and White Sands National Park.

Trip Leaders: Alexis Tate and Thomas McManaway

Dates: Saturday, January 15th to Saturday, January 22nd

Locations: Carlsbad Caverns National Park, Guadalupe Mountains National Park, Organ Needles Wilderness Study Area, and White Sands National Park.

Price: \$575 on or before December 8th \$599 after December 8th
Price Includes Transportation, meals while camping, and all group equipment.

Registration: Registration for all trips and clinics is based on a first-come, first-served basis. A \$150.00 non-refundable deposit is required. Register at the Outdoor Connection or at <https://recsports.uwlax.edu>.

Payment: Visa, Master Card, Discover Card, & Apple Pay

Refunds: The Outdoor Connection incurs, in advance, certain expenses related to each trip, such as contracted guides, facility reservations, and specialized equipment purchases or rental.

Cancellation prior to 14 days of trip departure = Outdoor Connection retains \$150
Cancellation within 14 days of trip departure = no refund

Eligibility: UWL students always have priority. When possible, faculty/staff and the general public are eligible. Registration fees are higher for non-students. All participants must also meet the essential eligibility requirements listed on the back of this flyer.

Activity Rating: This trip is moderately strenuous to very strenuous because of the backpacking component and terrain. Would you please read the other side of this flyer for other essential eligibility requirements for this trip?

WHAT YOU'LL NEED

- ☐ Money for food on the road
- ☐ 2 pair pants (non cotton, no jeans)
- ☐ 2 piece rain-suit of durable material
- ☐ 1 pair light camp shoes
- ☐ 1 pair long underwear (no cotton)
- ☐ 1 pair hiking boots (sturdy & water proof, **broken in!**)
- ☐ 2 pair underwear
- ☐ 3 pair wool socks
- ☐ 2 pair ultra thin backpacking liner socks
- ☐ 1 long sleeved shirt (non cotton)
- ☐ 1 long sleeve fleece
- ☐ 2 T-shirts (non cotton)
- ☐ 1 pair shorts / swimsuit
- ☐ 1 warm jacket
- ☐ Toiletries: small towel, tooth brush/paste
- ☐ Sunglasses with safety strap
- ☐ Hat or visor
- ☐ Gloves or mittens
- ☐ Winter hat
- ☐ Pocket knife or multi-tool
- ☐ Personal medication & eyewear
- ☐ Unbreakable bowl and spoon
- ☐ Headlamp /flashlight w/ fresh batteries
- ☐ 2, 1 liter unbreakable water bottles
- ☐ Personal snacks

Some Essential Eligibility Requirements

The Outdoor Connection strives to inspire others to enjoy and respect the outdoors through creative recreational programming. Programs are day-long to multi-day wilderness adventures to immerse participants in and expose them to wilderness variables that encourage and necessitate direct interaction with nature.

The health and well-being of our students and staff and the practical education of our students are top priorities. In addition, the wilderness environments Outdoor Connection trips and travel through are remote, dynamic, and physically and emotionally challenging. These environments, along with the educational activities conducted and the living and traveling conditions encountered, require each student/participant to be fully committed to and capable of working hard, taking responsibility for themselves, and working effectively in the group to achieve the goals of the trip.

The Essential Eligibility Criteria are applicable for all trip participants. Therefore, a qualified person can meet the EEC for participation in the program activity.

Wilderness Hiking

Each participant must:

1. At a minimum, be able to travel over and negotiate through varied wilderness terrain with a daypack weighing up to or exceeding 20 pounds.
2. Travel conditions may include, but are not limited to, rough, rugged, uneven steep, and sloping terrain; human-made and animal made trails, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders (boulder fields), needing to cross rivers and creeks without the aid of bridges up to three feet or more in-depth, ascending, descending or traversing slopes covered in snow, rocks or vegetation, bushwhacking off-trail through thick standing and downed vegetation. All travel can occur during periods of inclement weather.
3. Travel distances can range from less than one mile to more than 6 miles in one day.
4. Travel durations can range from less than one hour to more than 7 hours in one day and occur on successive days.
5. Have average strength, endurance, essential balance, and agility to safely travel through such terrain with a backpack.
6. Have the ability to have a third point of contact for balance purposes, such as with hand(s) or to hold a walking stick, for travel through deep rivers or ascending or descending slopes.
7. be able to stay alert and to focus for several hours at a time while traveling

Leadership and Expedition Behavior

1. Work effectively as a member of a team despite potentially stressful and challenging conditions. This group experience may require problem-solving on an interpersonal or group level and a willingness to accept differences.
2. Contribute to a safe learning environment—no verbal or physically inappropriate behavior to others will not be tolerated for any reason.
3. Be able to willingly and equally share responsibility with tent mates in daily tent group chores.
4. Effectively communicate ideas and concerns on an individual and group level.

Outdoor Skills Camping

1. Learn and competently perform some fundamental camping skills
2. Remain adequately hydrated, fed, and properly dressed to remain generally healthy and avoid environmental injuries such as hypothermia, heat illness, sunburn, or frostbite.
3. Be able to perform, after being instructed, the above activities independently in cooperation with other participants without direct supervision.
4. Be able to contribute to camping tasks as necessary.

WINTER IN THE BOUNDARY WATERS



WINTER BREAK '22

UW-La Crosse Outdoor Connection

Dog Sledding, Cross Country Skiing, & Snowshoeing

Description

Join us for an experience of a lifetime as we explore the Boundary Waters Canoe Area Wilderness by dog sled, snowshoe, and cross country ski at YMCA's Camp Menogyn. Highly qualified mushers and guides will help make the most of this unique winter experience. Camp Menogyn will serve as a base camp for a variety of day trip activities. No experience is necessary, only a desire for adventure.

Trip Leaders Thana Zoske and Avery Kanel

Dates Saturday, January 8 - Wednesday, January 12, 2022

Location Boundary Waters, Northern Minnesota

Price \$499 on or before Wednesday, December 8 \$524 after December 8th.

Price Includes Transportation, meals, lodging, activity fees, and group equipment.

Registration All trips and clinics are based on a first-come, first-served basis.

Winter break trips require a non-refundable \$150.00 deposit. Register at the Outdoor Connection or <https://recsports.uwlax.edu>.

Payment Visa, Master-Card, Discover Card, & Apple Pay

Refunds The Outdoor Connection incurs, in advance, certain expenses related to each trip, such as contracted guides, facility reservations, and specialized equipment purchases or rental. The Outdoor Connection will provide a full refund if the OC has to cancel the trip for any reason. ****Cancellation before 30 days before the trip departures will result in a forfeit of the full registration fee.****

Eligibility UW-L students always have priority; however, faculty/staff and the general public are eligible when possible. Registration fees are higher for non-students. All participants must also meet the essential eligibility requirements listed on the back of this flyer.

Activity Rating This trip is rated low to moderately strenuous because of the planned activities. Dog sledding will require little physical exertion, but your body will be using a lot of energy in the cold. Cross country skiing and snowshoeing will be more strenuous. All activities will be at your own pace, following the Challenge by Choice philosophy. Would you please read the other side of this flyer for some other essential eligibility requirements for this trip?-->

WHAT YOU'LL NEED

- ☐ Money for food on the road
- ☐ 1 pair snow pants or bibs (non cotton, no jeans)
- ☐ 1 warm winter coat
- ☐ Winter gloves or mittens
- ☐ 1 pair light camp shoes
- ☐ 1 pair long thermal underwear (no cotton)
- ☐ Winter hat
- ☐ 2 pair underwear
- ☐ 3 pair wool socks
- ☐ 1 long sleeved shirt (non cotton)
- ☐ 1 long sleeve fleece
- ☐ 2 T-shirts (non cotton)
- ☐ 1 pair shorts / swimsuit
- ☐ Toiletries: small towel, tooth brush/paste
- ☐ Sunglasses with safety strap
- ☐ Personal medication / eyewear
- ☐ Headlamp /flashlight w/ fresh batteries
- ☐ 2, 1 liter unbreakable water bottles
- ☐ Personal snacks

Some Essential Eligibility Requirements

The Outdoor Connection strives to inspire others to enjoy and respect the outdoors through creative recreational programming. Programs are day-long to multi-day wilderness adventures with the goal of immersing participants in and exposing them to wilderness variables that encourage and necessitate direct interaction with nature.

The health and well-being, of our students and staff, and the effective education of our students are top priorities. The wilderness environments Outdoor Connection trips live in and travel through are remote, dynamic, and physically and emotionally challenging. These environments along with the educational activities conducted and the living and traveling conditions encountered require each student/participant to be fully committed to and capable of working hard, taking responsibility for him or her self, and working effectively in the group to achieve the goals of the trip.

The Essential Eligibility Criteria are applicable for all trip participants. A qualified person is one who can meet the EEC for participation in the program activity.

Winter Trips

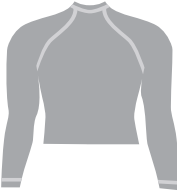









Each participant must...

- 1. Be able to withstand cold temperatures (-20 degrees F or colder).
- 2. Move on skis or snowshoes over flat to steep (35 degree) unpacked snow-covered terrain.

Leadership and Expedition Behavior

- 1. Work effectively as a member of a team despite potentially stressful and difficult conditions. This may require problem solving on an interpersonal or group level as well as a willingness to accept differences.
- 2. Contribute to a safe learning environment—no verbal or physical inappropriate behavior of others is tolerated for any reason.
- 3. Be able to willingly and equally share responsibility with cabin mates in daily group chores.
- 4. Effectively communicate ideas and concerns on an individual and group level.

COLD WEATHER LAYERING

<p>Long-sleeve shirt</p>  <p>Pants or tights</p> 	<p>Sweatshirt or Fleece</p>  <p>Pants</p>  <p>Socks</p> 	<p>Shell Jacket</p>  <p>Bibs</p> 	<p>Head Warmer</p>  <p>Gloves</p>  <p>Boots</p> 
<p>BASE LAYER dry layer</p> <p>Wormth and moisture control</p>	<p>MID LAYER thermal layer</p> <p>Insulation</p>	<p>OUTER LAYER shelter layer</p> <p>Weather protection</p>	<p>ACCESSORIES</p>

